



# Stuffed Vine Leaves

MAKES: 40

## INGREDIENTS:

- ½ bunch flat-leaf parsley, finely chopped
- ¼ bunch mint, finely chopped
- 1 onion, finely chopped
- 2 vine-ripened tomatoes, finely chopped
- 1 long green chilli, seeded, finely chopped
- 1 tbsp currants
- 1 tbsp pine nuts, roasted
- ½ tsp ground allspice
- 2 tbsp olive oil
- 2 lemons, juiced
- ½ cup white long-grain rice
- 200g preserved vine leaves, (see note) rinsed, stalks discarded
- Extra virgin olive oil, to serve

## METHOD:

1. To make filling, combine all the ingredients except vine leaves in a large bowl. Season with salt and pepper
2. Place a vine leaf, smooth-side down, on a work surface and place 2 tsp filling in the centre along the base of the leaf.
3. Fold in both sides, then roll up fairly tightly to enclose filling.
4. Repeat with remaining leaves and stuffing. Makes 40. Reserve liquid from filling in bowl
5. Tightly pack stuffed vine leaves in a deep, 28cm wide frying pan.
6. Strain reserved liquid over pan, then weigh down stuffed leaves with a large plate; this will help to prevent the leaves from unravelling and keep their shape.
7. Pour enough water around the plate to cover vine leaves, then cook over low heat for 40 minutes or until rice is tender. Cool
8. Serve drizzled with oil and pan juices



**NOTES:**

This dish is the delight and torment of Mediterranean cuisine. There's the torment of selecting the preserved leaves – they all have to be a certain size and be tender enough when filling and rolling each one. But there is true delight in eating them, especially when prepared with a meat stuffing or served with lamb chops and a delicious sauce.

Tips: - preserved vine leaves are from delis and supermarkets

- Vine leaves will vary in size. If they are small, use 2 leaves, overlapped, to make 1 large leaf
- If they have large gaps at the edges, cover the gaps with torn pieces from another leaf for an even shape

